Catnip  *Nepeta cataria*

Many cats enjoy catnip; others have no response. The active chemical is similar to that in valerian. Grow in containers to prevent spreading.

**Culture:** Thrives even in dry or soggy conditions, sandy and poor soils. The tiny seeds are best started indoors in shallow flats or pots. Press the seeds into the soil surface and barely cover with very fine soil. Keep evenly moist but not damp; germination may be slow. Look for the tiny seedlings and keep weed-free as they may be slow growing. Transplant out when the plants reach 2–3 inches, anytime after last frost.

**Harvest:** Use the dried leaves in stuffed cat toys or for herbal teas for humans. Snip off stems as needed. Cut back after flowering for fresh growth.

**Seed Savers:** Spreads and self sows readily. Propagate by divisions. Crush dry seed heads to release the seeds. Finish drying indoors.